

iPhone sales hit 1M globally



Foods that help the body heal



Newborn girl's skull fractured

CHARGES A three-week-old baby girl is in hospital with a broken arm and fractured skull after an assault in Grande Prairie early Saturday.

RCMP responded to a 9-1-1 complaint around 1:15 a.m. that a newborn girl and a 27-year-old female had been assaulted. Both victims were taken to the Queen Elizabeth Hospital, where the infant was airlifted to the Stollery Children's Hospital. The newborn was later flown back to Queen Elizabeth Hospital where she is expected to make a full recovery.

Peter Duhan, 30, is charged with mischief, forcible confinement, assault, criminal negligence causing bodily harm, child endangerment and breach of probation.

RCMP said that the two victims were known to Duhan.

ANDREW COWIE/FOR METRO EDMONTON

Lighter behind group home fire

INJURIES Edmonton firefighters were busy in Bonnie Doon Sunday night as they battled a blaze that gutted a group home causing \$400,000 in damages.

A child playing with a lighter in a bedroom started the blaze that quickly spread to the rest of the home near 92 Avenue and 92 Street shortly before 8:30 a.m. One firefighter suffered minor injuries after the roof collapsed on him.

Fire officials say two adults and five children who lived in the home escaped with no injuries. The children are staying in alternative accommodations.

METRO EDMONTON

Celeb buzz page 18

Kidman won't sell baby pics

Local page 3



Simmons Indy grand marshal

Beijing Games page 10

Olympians steer clear of politics

All aboard **Full steam ahead**



Engineer Robin Benbow operates the Edmonton Yukon & Pacific train at Fort Edmonton Park yesterday afternoon as it travels around the three-kilometre track transporting visitors within the historic park. The locomotive's engine was built in 1919, and will celebrate its 90th year next fall.

Deceased was suffering depression: Watchdog

Man refused to drop 12-gauge, pump-action sawed-off shotgun

VICTORIA HANDYSIDES
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A man who was shot dead by Mounties over the weekend in Vegreville suffered from severe depression and was off of his medication when he threatened police with a sawed-off shotgun, says a unit created to keep an eye on police in Alberta.

While police haven't confirmed the man's identity, media reports claim his name was Leo Raymond Poulin, and that he lived just outside the community of Vegreville.

"The deceased left his residence, destined for the RCMP detachment in Vegreville," said Clifton Purvis, a director with the Alberta Serious Incident Response Team (ASIRT).

"After speaking with the deceased's wife on the telephone,

"The deceased left his residence, destined for the RCMP detachment in Vegreville. After speaking with the deceased's wife on the telephone, the RCMP attempted to stop the vehicle driven by the deceased."

Clifton Purvis, director with the Alberta Serious Incident Response Team

the RCMP attempted to stop the vehicle driven by the deceased."

After a brief pursuit of about three blocks, two RCMP officers found themselves in a standoff with Poulin behind the Vegreville post office.

Poulin refused to drop his weapon, a 12-gauge, pump-action sawed-off shotgun, rigged to hold five cartridges instead of three, said police.

"The deceased appeared agitated and was unresponsive to police direction to put his weapon

down," Purvis said.

From about nine metres away, Poulin pointed the gun at the officers. The officers responded quickly, and one of them shot Poulin three times.

RCMP and EMS crews attempted to work on Poulin, but he was pronounced dead.

Purvis said Poulin was not known to police, and his most recent run-in with the law was when he was handed a speeding ticket one week ago.



"It's not known why he wanted to attend the police station in Vegreville, but it's been reported that he suffered from depression and recently came off his medication," said Purvis.

ASIRT exists to provide an independent objective into cases where police use extreme force.

Established in January, the unit is currently investigating this incident, and another where a man brandishing two shotguns was shot in the face by Smoky Lake in June on his own property.

Purvis said ASIRT is confident that neither incident proves Alberta RCMP are trigger happy.

"There's nothing to suggest an overall pattern of excessive force by these two incidences," he said, adding that the possibility of charges being laid against the officer behind the trigger are not out of the question.

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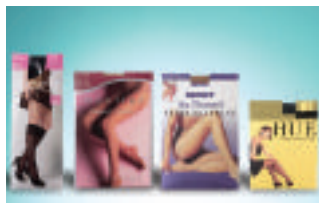
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Capital Ex parades downtown Thursday

Come one, come all, to the kickoff to the city's biggest summertime festival, the Capital Ex parade! Lead by Team Canada curling Captain Kevin Martin, the parade will wind its way through downtown this Thursday from 10 a.m. to 12:30 p.m. **METRO EDMONTON**

3

Local



Best video gamers in demand

Canada's Amp Energy Pro video game team will be in Edmonton this weekend as part of a nine city tour looking for the nation's best gamer. It'll be held at West Edmonton Mall in the parking lot outside of Bourbon Street Thursday through Sunday where gamers can take part in open game plays, tournaments and a variety of other activities.

METRO EDMONTON



Citytv

ROGERS

Edmonton Rock City

KISS' Gene Simmons named Rexall Indy's grand marshal

VICTORIA HANDSIDES
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Taking a break from being the undisputed rock god of all time, Gene Simmons will be stripping his make-up to welcome Edmontonians to the Rexall Edmonton Indy Car Series.

The event runs from July 24 to 26 and organizers say though he won't be breathing any fire, Simmons is the perfect choice to get the weekend fired up.

"When we were considering options of who to have as a grand marshal, we thought, who better and larger than life than Gene Simmons?" said Northlands spokesman Darren Krill.

"He's not someone who just walks down the street into Edmonton every day."

Though the rock god won't be shredding on his guitar for the show, he'll be assisting drivers and wow-

ing the crowd in true grand marshal style, Krill said, adding Simmons will be making appearances around town over the weekend.

"You might get some fire-breathing from his comments because he is a lot of fun, but he won't be in makeup spitting blood or anything like that," he said.

While Simmons might seem like an odd fit to kick off the Indy Car Series, Krill said it couldn't be more appropriate for the 35-year rock vet, and that he loves the sound of roaring engines of the fastest cars in the world.

"He has a vested interest in Indy and it's something he loves," said Krill. "He said he's Indy, from the top of his head to the bottom of his platform boot heels."

Simmons is also an entrepreneur with his own clothing line and stars with his family on the A&E hit reality series Gene Simmons Family Jewels.



Entrepreneur, reality TV star and KISS bassist Gene Simmons will be expected to make many appearances in Edmonton during the Rexall Indy July 24-26 as the event's grand marshal.

Prison still in lockdown two weeks after attack

ANDREW COWIE
for Metro Edmonton



The maximum security prison in Edmonton still remains in lockdown 13 days after a Canada Day prison brawl sent eight inmates to hospital.

A necessary step as police and officials with Corrections Canada continue their investigation, says Rick Dyhm, a project officer at the prison.

"We're doing searches," Dyhm told Metro.

"We had a major incident and we're looking for weapons. You want to make sure that after you have an incident like this that it will never happen again."

Dyhm said that as the investigation remains on-going, they'll keep the prison in lockdown mode long as is needed to guarantee the safety of inmates and guards, adding that lockdown can go only months if need be.

The longer the inmates are kept under such restrict-

ed conditions, however, the greater the risk rises of a tense atmosphere at the prison, said Dyhm.

"It's never good to keep people locked up if you don't have to, but obviously when you're in your cell for 23 or 24 hours a day on weeks on end, it's not posi-

"We had a major incident and we're looking for weapons."

Rick Dyhm, prison project officer

tive," Dyhm said.

"When we can return the inmates out of lockdown safely, we will."

A fight broke out in the recreational yard of the prison leaving seven with stab wounds and one with a bullet wound when he was shot by a correctional officer.

Edmonton Institution is a maximum security prison that houses 242 male convicts.

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Local/Canada



Police Chief Mike Boyd speaks about the escalating number of violent muggings during a news conference at EPS headquarters yesterday. A map shows the cities hotspots for personal robberies.

Repeat muggers targeted

Police say they're re-arresting people for violent robberies

VICTORIA HANDSIDES
victoria.handsides@metronews.ca

Repeat criminals are prowling the streets of Edmonton, and law enforcement groups are working together to make sure that once a robber is caught, they're done for good.

Though crime in the city is down 14 per cent, the city is in a pandemic of violent robberies, many of which are committed by the same people, said Edmonton's top cop today.

"It's frustrating, because we're continuing to investigate these crimes and found out that we're re-ar-

resting some offenders that are committing multiple offences," said Police Chief Mike Boyd.

"We've seen an increase in the number of violent offences committed by young-offender females, usually in groups of three, four and five."

Working together with crown attorneys, Boyd said an updated file-sharing program is being implemented to ensure all prosecutors and judges are on the same page when deciding how to sentence an offender.

"It's very important these criminals know that the status quo is unacceptable," said Justice Minister

"It's very important these criminals know that the status quo is unacceptable"

Alison Redford, Justice Minister

Alison Redford. "Albertans have to feel safe in their communities."

Previously, files weren't made available quickly to prosecutors about a person's criminal history and details on previous crimes committed. Alberta Justice has hired more staff to take on the task of keeping prosecutors and judges in-

formed on suspects, and make deciding whether or not to grant bail a more balanced task.

Police have also defined a "hot spot" map to pinpoint where violent crimes are occurring most often.

Downtown, West Edmonton Mall, transit centres and Old Strathcona have the highest concentration of violent crime. Boyd said police patrols will be stepped up in those identified areas.

"With a high number of arrests, the problem should be going away, but it's not. That's why we thought it necessary to take this approach," Boyd said.

U.S. deserter ordered home

JEFF HODSON
Metro Canada

A 25-year-old tank commander who fled to Canada to avoid the U.S. invasion of Iraq will become the first deserter returned home following a ruling by a Federal Court judge in Vancouver yesterday.

Robin Long will be deported today after an application to stay his deportation was dismissed by Madame Justice Mactavish.

"This will be the first time Canada has ever played the gendarme for the American military," said Bob Ages, chair of the Vancouver chapter of the War Resisters Support Campaign.

Ages said there are at least 50, but possibly hundreds, American deserters

living in Canada.

Mactavish ruled that Long failed to provide clear evidence he would suffer "irreparable harm" if deported. Shepherd Moss, Long's lawyer, had argued Long faced lengthy jail times and possibly the death penalty.

The judge ruled that a death sentence was only a "theoretical possibility" as the last soldier sentenced to death for desertion was during the Second World War. Also, between 2002 and 2006, 94 per cent of deserters were dealt with administratively, receiving less than an honourable discharge.

Long, from Boise, Idaho, joined the army in 2003, believing that the invasion of Iraq was just. He went AWOL in 2005, believing that if he was deployed to Iraq he would be complicit in war crimes.



Ontario Premier Dalton McGuinty announced a plan to protect at least 225,000 square kilometres of northern forest yesterday.

Environmental groups praise forest-conservation plan

ENVIRONMENT The Ontario government said yesterday it will conserve a huge swath of the province's northern wilderness in a bid to protect the region's vast boreal forest, as well as polar bears and other wildlife, and to help fight climate change.

The plan to protect permanently at least 225,000 square kilometres of the northern forest — an area nearly the size of the United Kingdom — won praise from environmental groups, which said it should serve as an example for other governments. "We are overjoyed with the announcement," said ForestEthics senior cam-

paigner Gillian McEachern.

"This is the largest conservation commitment in Canadian history."

Ontario's boreal region takes up 43 per cent of the province's landmass and its vast forest soaks up about 12.5 million tonnes of carbon dioxide from the atmosphere each year. The protection of a big swath of it is a key part of the province's plan to fight climate change.

"(Premier Dalton McGuinty) is providing some direction and some objectives to the process," said Monte Hummel, president emeritus, World Wildlife Fund Canada. **REUTERS**

Stelmach to tout carbon plan

ANDREW COWIE
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ENVIRONMENT Premier Ed Stelmach will be in Quebec City this week trying to weigh merits of both the environment and the economy as part of the annual Council of the Federation meeting.

"Albertans are pragmatic and understand that harmony must be reached between the economy and the environment," said

Stelmach in a release.

Both Alberta and Saskatchewan will be presenting to other premiers the positive numbers of carbon capture and storage in Weyburn, Sask., where more than 10 million tonnes of CO₂ are already stored.

Stelmach also plans to stress his concerns on other environmental ideas like the cap-and-trade scheme, which he calls "a money transfer that does nothing to reduce pollution."

City closer to second chopper

ANDREW COWIE
andrew.cowie@metronews.ca

POLICING The bid to procure the city's second helicopter got one step closer as a \$150,000 deposit for the manufactures waiting list was approved.

City council's community services committee voted unanimously to pass the plan after seeing that costs for the helicopter would be offset by the manpower it could re-

place.

"A flight operation (is) good for 15 officers on the street," said police Insp. Neil Dubord in an interview.

"In order for us to send a car to a patrol call, it would cost over \$500 per call, (but) in order to send a helicopter ... it's \$348 per call."

The final cost of the helicopter will be \$1.6 million, if it passes through the 2009 budget plans in the fall.

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A Nova Scotia store owner is the first person charged under the province's new laws prohibiting the display of cigarettes. The man argues that cigarettes are a legal product in Canada that generate billions of dollars in tax revenue for governments, and he should be able to display his products. **METRO CANADA**

Canada

"This is very high quality counterfeit, we don't usually see this level of quality."

Calgary Staff Sgt. Cal Wiltshire speaking how police found \$100,000 of counterfeit money in a backpack.



funny money

Calgary police discovered a suspicious backpack in an alley and upon opening it found the counterfeit American money in stacks of \$50 and \$100 bills.

Omar Khadr video going public today

Controversy over treatment re-ignited

The foreign affairs official who was told Guantanamo detainee Omar Khadr had been subjected to the sleep deprivation "frequent flyer program" says he stands by his decision to visit the Canadian captive and relayed his concerns about the teenager's well-being back to Ottawa.



Omar Khadr

16-year-old Khadr crying and begging Gould and a Canadian Intelligence Security Service agent to take him home.

Khadr's lawyers have fought for years to have the federal government turn over Canada's file on Khadr — finally winning at the Supreme Court in May.

Government documents, released publicly by Khadr's lawyers last week, revealed that Gould was told Khadr had not been allowed to sleep more than three hours at a time for 21 days prior to his 2004 visit.

TORSTAR NEWS SERVICE

"I had to see him. I had to talk to him. I had to see how he was doing. Had I walked away, Canada would have had no idea what kind of shape the kid was in," Jim Gould said.

The controversy of over just what Canada knew about Khadr's treatment in Guantanamo is expected to erupt again today with the release of a 2003 interrogation video, which shows a



A Baptist Church in Nova Scotia yesterday led a protest over allegations off-duty police officers started a fight with members of the black community and used racial slurs. The Halifax Regional Police confirmed the officers were present and said they were investigating the incident.

Racial tension in Digby

ROBYN YOUNG
robyn.young@metronews.ca

Protesters gathered at the Digby RCMP detachment yesterday to voice their displeasure over an alleged racial incident between police and two black men.

The rain was at times heavy, and so was the message.

Rev. Michael Alden Fells of Digby's Bethel Baptist Church quoted Martin Luther King's "I have a dream" speech that children "will not be judged by

the colour of their skin but by the content of their character."

Fells spoke yesterday at a protest in front of the Digby RCMP detachment and told fellow protesters and reporters that black people are the subjects of both racism and racial profiling by police officers.

"It's happening in Canada, and it's happening in Nova Scotia, and it's happening in Digby," he said.

Fells referred to a June 22 incident when a group of off-duty police officers allegedly hurled racial slurs at and provoked a

fight with two young, black Digby men.

The RCMP are investigating the incident, as well as Halifax Regional Police and New Glasgow Police because officers from their detachments were reportedly involved.

Fells, the father of Nathaniel Fells, 19, one of the young men allegedly victimized, led a group of a couple of dozen people from the black community, protesting the treatment by police. He told reporters he was demanding the RCMP conduct an independent review.

Khawaja's emails released to public

OTTAWA Almost 200 pages of emails, most of them related to the courtship between Momin Khawaja and Zeba Khan, 23, were released to the public yesterday.

They were part of Crown evidence in Canada's first terrorism trial to show that Khawaja went to an Al Qaeda training camp in Pakistan, visited London to meet with known terrorists and that he was constructing an electronic device to be used to set off a detonator, when his parents' Orleans home was raided by RCMP on March 29, 2004. TORSTAR NEWS SERVICE

Gadgets keeping Canadians at work away from office

HOLIDAYS The majority of Canadians say they don't disconnect from the office while on holiday, according to a recent poll.

Fifty-seven percent of people surveyed by job-search website Monster.ca admit to doing some work while on vacation, through e-mail and telephone, while the rest say they completely unplug from job-related responsibilities.

"With the means of BlackBerry and now with the iPhone coming out, people are just accustomed to it," Robert Waghorn, a spokesman for Monster

17 The percentage of people polled who say they "never really stop working." While 57 per cent admit to working on their vacations.

Canada, said yesterday. Along with the latest gadgets making it easier for employees to stay connected to the office, Waghorn said that demanding workplace environments, job cuts and personal expectations also add to the pressure to stay in touch. REUTERS

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Longer maternity leave might harm working women

Extending paid maternity leave in Britain to a year from nine months could damage women's careers by unintentionally making women of child-bearing age less attractive to employers, an equalities watchdog said this week.

REUTERS

7

World



U.K. knife attacks

British Prime Minister Gordon Brown said yesterday that people carrying knives would be "caught, prosecuted and punished" as he defended the government's handling of knife crime following a spate of stabbing deaths.

Cover art controversy

The New Yorker's attempt at humour creates an uproar

This week's New Yorker magazine pokes fun at smears directed at Barack Obama, but the Democratic presidential candidate isn't laughing.

The cover portrays the Illinois senator in a turban and robe bumping fists with wife Michelle, who sports an Afro, a rifle and military garb. In the background, an American flag burns in the fireplace.

The left-leaning magazine's cover summarizes several smears that have surfaced this year: that Obama is a "secret Muslim" who hates America and his wife harbors a Black Panthers-style enmity toward white society.

Even that fist bump, the modern version of the high five, was described as a "terrorist fist jab" by a Fox News anchor, who later apologized.

The Obama campaign, which has taken aggressive measures to knock down these perceptions, is not amused with the magazine cover.

"But most readers will see it as tasteless and offensive. And we agree."

Bill Burton,
Obama spokesman

"The New Yorker may think, as one of their staff explained to us, that their cover is a satirical lampoon of the caricature Senator Obama's right-wing critics have tried to create. But most readers will see it as tasteless and offensive. And we agree," spokesman Bill Burton said in a prepared statement.

Republican candidate John McCain agreed with his rival for the November election.

"I just saw a picture of it on television," McCain told reporters in Phoenix. "I think it's totally inappropriate and frankly, I understand if Senator Obama and his supporters would find it offensive."

REUTERS



The cover of the July 21, 2008 issue of The New Yorker magazine featuring Barack Obama and his wife Michelle. According to the New Yorker, the cover satirizes the use of scare tactics.

REUTERS/COURTESY OF NEW YORKER MAGAZINE/HANDOUT

Ahmadinejad blasts senior adviser

CRITIC President Mahmoud Ahmadinejad hit back at a senior adviser to Iran's top authority who had criticized his "provocative" speeches about the country's nuclear work, which the West says is a cover to build bombs.

Ali Akbar Velayati, foreign policy adviser to Supreme Leader Ayatollah Ali Khamenei, expressed unusual public criticism by telling an Iranian daily this month the government should be more careful when speaking about the nuclear issue. Velayati did not mention the president by name but he clearly meant Ahmadinejad.

"Velayati is a respected man. Like everyone else in Iran, he is free to have personal views ... But he is not involved in nuclear decision making," Ahmadinejad said.

REUTERS

France's Sarkozy hosts Syrian leader

PARADE Syrian President Bashar al-Assad was a guest of honour at France's annual Bastille Day military parade yesterday, sparking a small protest and adding to tensions at the march over job cuts in the armed forces.

Assad, marking a rehabilitation with the West, joined a host of leaders in central Paris for the annual military review, which followed the launch of President Nicolas Sarkozy's Mediterranean Union project on Sunday.

But his presence angered some army veterans, who suspect Syria played a role

in a 1983 massacre of French troops in Lebanon, and was also denounced by human rights groups.

Media watchdog Reporters Without Borders (RSF) said eight of its activists were arrested near the parade when they protested against Assad, who was in the front row of the reviewing stand.

There had been speculation that marching soldiers too could protest because of Assad, and also an overhaul of defence strategy in which around a quarter of military personnel are due to be cut,

that triggered the 34-day war with the Iranian-backed group two years ago.

WEAPONS Every year hundreds of thousands of small arms go missing and many wind up in the hands of insurgents in a survey published yesterday said. The annual report issued by the

"The armed forces put on a remarkable display."

Nicolas Sarkozy,
French President

but the parade went off as planned.

"The armed forces put on a remarkable display," Sarkozy told France 2 television shortly after the parade, which began with jets roaring overhead and ended with a group parachute jump.

REUTERS

Warrant issued for Sudan's president

GENOCIDE The International Criminal Court's (ICC) prosecutor charged Sudan's president yesterday with masterminding a campaign of genocide in Darfur, killing 35,000 people and persecuting 2.5 million refugees.

ICC Prosecutor Luis Moreno-Ocampo asked the court for an arrest warrant for President Omar Hassan al-Bashir, the most senior figure pursued by the court since it was set up in 2002.

The Sudanese leader dismissed the charges and said the ICC had no jurisdiction in Sudan.

"Whoever has visited Darfur, met officials and discovered their ethnicities and tribes ... will know that all of these things are lies," he said.

Sudan will seek support

history

Bashir is the first sitting head of state charged by an international court since Liberia's Charles Taylor and Yugoslavia's Slobodan Milosevic.

from allies such as China and Russia to get the U.N. Security Council to block any warrant.

Moreno-Ocampo said on top of the thousands killed by Sudan's armed forces and the militia they support, 2.5 million others were subjected to a campaign of "rape, hunger and fear" in refugee camps where he said genocide continued "under our eyes."

"The decision to start the genocide was taken by Bashir personally," he told a news conference.

REUTERS

Former FARC hostage honoured by France

MEDAL Former hostage Ingrid Betancourt received one of France's top honours yesterday and said those who remained captive in the hands of Colombian rebels were probably getting worse treatment because of her rescue.

President Nicolas Sarkozy presented Betancourt with the Chevalier of the Legion of Honour in the gardens of the Elysee Palace, pinning the medal to her dress in a ceremony shown live on

French television.

Betancourt was rescued by the Colombian military

earlier this month after more than six years in the jungle held by the Revolutionary Armed

Forces of Colombia (FARC), who still detain hundreds of hostages.

REUTERS



Ingrid
Betancourt

Sweden Party for a princess



Crown Princess Victoria smiles during the celebration of her 31st birthday in Borgholm Sweden's Crown Princess Victoria smiles during the celebration of her 31st birthday at the Soliden Royal Palace in Borgholm, Sweden, yesterday.

JONAS ESKILDSEN/REUTERS/SCS/NEX

REUTERS

China-based solar cell maker Trina Solar said it would supply nearly 300 photovoltaic cells to France's LISA Airplanes for its Hy-Bird solar and fuel cell powered airplane. LISA Airplanes expects to complete assembly of the plane by the end of 2009. **REUTERS**

Business

DOLLAR



C\$ \$99.48 US
US\$ \$1.0052

0.41¢

OIL



\$145.18 US
10¢

Bush lifts offshore drilling ban

OIL U.S. President George W. Bush yesterday lifted a White House ban on offshore drilling to try to drive down energy prices. Congress too has a ban that expires on Sept. 30, but could be renewed. Bush pushed Congress to give oil companies access to the Arctic Wildlife National Refuge. **REUTERS**

Shell to buy Duvernay

ENERGY Royal Dutch Shell has agreed to buy Duvernay Oil Corp. for around \$5.9 billion to boost production from prolific unconventional gas holdings.

Shell made a cash offer of \$83 a share, 42 per cent above Duvernay's Friday closing price of \$58.44. The offer was unanimously accepted by Duvernay's board. Duvernay has 1,800 sq

km of land holdings, particularly in the Montney region in the northeast of British Columbia and in Alberta's Deep Basin, areas Shell hopes to add to its portfolio of tight gas interests. Tight gas is gas contained in difficult reservoirs. Duvernay has one of the best holdings of tight gas among mid-sized Canadian companies. **REUTERS**

News in brief

SOLD Anheuser-Busch Cos. accepted a sweetened \$52 billion US takeover bid from Belgium-based InBev NV, creating the world's largest beer maker and placing an iconic U.S. company into foreign hands. **REUTERS**

SMARTPHONE Palm Inc. yesterday introduced a high-end Treo mobile phone, 800w, hoping to challenge BlackBerry's dominance. **REUTERS**

iPhones sold: 1M

Glitches hit Canada launch

Worldwide sales of Apple Inc.'s second-generation iPhone totalled more than 1 million in its first week-end, amid warnings that a slumping global economy could put a dent in overall handset sales this year.

By contrast, the previous version sold just 270,000 units in its first two days.

The iPhone's launch comes as some analysts warn demand for handsets could be threatened by global economic weakness.

Research firm Gartner said it has cut its forecast for cellphone sales growth to 10 per cent this year.

In Canada, wireless provider Rogers Communications Inc. said yesterday the launch shipment of "tens of thousands" of iPhones "sold out in the



luring

Some analysts have predicted Rogers will sell as many as 250,000

iPhones in Canada over the next year, luring 100,000 subscribers from other wireless carriers in the process.

vast majority of cities across the country."

The iPhone's Canadian launch was bogged down by technical glitches with Rogers' computer systems and wider problems with Apple's iTunes service, which is needed to activate the handset. "Our system was up within an hour of outage Friday," spokesperson Liz Hamilton said.

TORSTAR NEWS SERVICE

First-time Home Buyer?

firstplaceedmonton.com



Make this your home page.

The City of Edmonton's First Place Home Ownership Program is a great opportunity for first-time home buyers to purchase the home they've always dreamed of at a price within their reach. Deferred land payments make these new townhomes attainable from the mid \$260,000's.

If you meet the program qualifications, apply right away and your name will be entered in the random draw to purchase one of the new townhome condominiums.

To qualify, applicants on the mortgage must have a combined income between \$69,000 and \$88,000 per year. For more information make firstplaceedmonton.com your home page.

The City of Edmonton's innovative program is part of Edmonton's multi-pronged housing strategy designed to provide a wide range of housing options addressing our City's growing needs.



Program created in partnership with the Government of Alberta, Edmonton Public School Board and Edmonton Catholic School District.

Metro offers Workopolis job listings

ONLINE Metro Canada has joined forces with Workopolis to provide online career services through its site www.metronews.ca.

The partnership with the online recruiting and job search provider allows job hunters to view regional and national openings at a single website, while local employers will be able to extend their advertising reach across the country.

"This partnership combines the reach of the leading newspaper brand among adults 18-49 and the leading online job site in Canada," Metro Canada group publisher Bill McDonald said. "And it further extends our focus on improving the experience for all of our stakeholders, making Metro the print and online destination for young Canadians."

METRO NEWS SERVICES

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Chat the cheaper way

SmartCookies



www.smartcookies.com

After last week's season finale of *The Bachelorette*, most of us burned through a month's worth of phone minutes in one night. Jason versus Jesse, Jesse versus Jason ... the drama!

But whether it's dishing about celebrity gossip or dissecting your most recent date, we are all guilty of spending hundreds, even thousands of dollars on phone bills.

Even with major phone companies dropping their rates every year, we still seem to burn through minutes any given month. Well, thanks to modern technology, you might not even have to spend a penny to talk to people across

the country.

We wanted to lay out some options you have at your fingertips — literally — on how you can stay in touch and still be a Smart Cookie.

Skype:

For us, this is Numero Uno. Skype is by far the most popular and widely used VoIP program (for those technically challenged, like we were, that stands for Voice-over-Internet Protocol) with millions of people online at a time. With Skype's free software that works seamlessly with your Internet connection, you can chat away with free Skype-to-Skype calls and never worry about cost, time or distance. Skype allows you to have a videoconference (we love this!), a phone call, or a chat with anyone on your contact list.

Google Talk:

Of course Google has a VoIP service as well. Used mostly as a chat platform, Google Talk is popular among Google fanatics and



Stay in touch with pals but don't pay a fortune for it.

those with a Gmail account. Google Talk is built into Gmail. This makes it easy to see when another Gmail user on your contact list is online for a quick chat. With the release of the Google Talk gadget, users of all platforms supported by Adobe Flash Player can now use Google Talk.

Gizmo:

Like Skype, Gizmo also offers free software and free calls to all other Gizmo users. The interface is very user-friendly and the company claims it's "as

simple as instant messaging." A bonus to this service is the All Calls Free plan, which allows Gizmo users to call other Gizmo users' landlines and mobile phones, not just their computers.

Yahoo! Voice:

This is simple and free PC-to-PC calling software like Windows Live Messenger. Similarly, the free calls must be made to other active Yahoo! Voice members. So those of you who are already familiar with the Yahoo! Instant Messenger system should feel right at home with the application. Since there are already so many Yahoo! IM users, this may be a great place to begin experimenting with VoIP technology.

If you have a favourite Smart Cookie way to communicate, we'd love to hear it! Send comments and questions to us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Play by new mortgage rules

Since completing university five years ago, I have rented an apartment. I earn a decent salary but have saved less than \$10,000 dollars that I would like to use as a down payment for a home. Some new condos are being built not far from my apartment with prices around \$300,000. Should I buy now before the new mortgage rules come into effect?

-ANDREW, TORONTO

Starting Oct. 15 home buyers will no longer be able to buy a home with nothing down or take out a government-backed, 40-year mortgage. Thirty-five-year mortgages with five per cent down will continue to be available. Ottawa hopes Canada will not follow the real estate meltdown experienced by our southern

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

neighbour.

Currently, individuals could purchase a home with as little as nothing down and have the entire cost insured with the Canada Housing and Mortgage Corporation (CMHC) or Genworth Financial Canada. Of course, nothing is free. CMHC charges a 1-3.5 per cent of the principal amount that is added to the mortgage.

Talk to a bank mortgage specialist or independent broker to help with making your decision.

Henry Choo Chong, CGA, provides accounting and taxation solutions. E-mail Money Matters: choochonghcg@yahoo.ca.

AIR CANADA VACATIONS

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Look at this chart.

RATE COMPARISON			
Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	\$958	\$2,213	\$1,255
1 Ticket	\$1,018	\$2,552	\$1,534
1 Accident	\$1,849	\$3,753	\$1,904

Fortunately, the math is simple. Getting quotes from more insurance companies on your car insurance should lead to greater savings. But who has the time?

InsuranceHotline.com can help with your homework by quoting over 20 major insurance companies and arranging them by the 3 lowest rates.

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Chinese police need to improve their methods to make sure security checks for next month's Olympics are "civilized and convenient," the country's top security official was quoted as saying yesterday. **REUTERS**

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Felicien gives up on Games bid

ATHLETICS Perdita Felicien has pulled the plug on her attempted comeback for the 2008 Beijing Olympics.

The 28-year-old Pickering hurdler, who hasn't been able to compete since injuring her foot during training last February, is expected to make the announcement official today.

Felicien had been conditionally named to the Canadian Olympic team for Beijing.

Chambers verdict set for Thursday

ATHLETICS British sprinter Dwain Chambers will have to wait until Thursday to find out whether a High Court challenge against his Olympic ban has been successful.

The British Olympic Association confirmed yesterday they had asked for the hearing to be put back from tomorrow to Thursday so its chairman Colin Moynihan can attend.

World champs dominate team

ATHLETICS An athletics team featuring 15 Olympic medallists, 31 world championship medallists and 10 U.S. record holders will represent the United States.

The 126-member squad includes Olympic gold medallists Jeremy Wariner (400m) and Shawn Crawford (200m), and world champions Tyson Gay, Bernard Lagat, Allyson Felix (women's 200m), Brad Walker (pole vault), Reese Hoffa (shot put) and Kerron Clement (400m hurdles).

Spectator banners banned in China

POLITICS Beijing has advised spectators coming to the Games to leave their banners at home, even if they do not contravene rules forbidding the airing of political or religious views at venues. **METRO NEWS SERVICES**

Tomorrow's lineup

FIELD OF DREAMS For field hockey-playing brothers Anthony and Philip Wright, the Olympics are a family tradition stretching back to 1932. Read tomorrow's Metro for more.

23 days remain until the official start of the 2008 Summer Olympic Games in Beijing.



Armed police for the special Olympic road lanes hold a ceremony in a police station in Beijing last week.

Keeping quiet

Canada's Olympians trying to stay out of debate on human rights in China

MATTHEW WUEST
Metro Canada

If you're waiting for one of Canada's Olympians to take a stand on China's human-rights record, don't hold your breath.

It's not that the Canadian Olympic Committee has issued a gag order, as Britain has done with its athletes. It's just that Canadians are trying to stay focused on the task at hand — representing their country at the Games in Beijing — and getting caught up in politics will only serve as a distraction.

"It's a monumental task to win a medal and it requires everything you've got," Olympic sailor Lisa Ross said. "Mentally, it's such a huge task. Any athlete that has hopes of medalling, but gets caught up in other things ... It won't happen for them."

Without a doubt, it's quiet leading up to the Games. About the only people

taking a firm stance on issues in China are former athletes, such as retired figure skater Elvis Stojko, a two-time silver-medallist at the Winter Olympics. He suggested Canada's Olympians consider a boycott of the Games, saying they should think twice before going to Beijing.

Olympic double-medallist Adam van Koeverden responded by saying Stojko wouldn't be so vocal if it was his Olympics, and based on the prevailing silence, he could be right.

"I haven't heard it from anyone attending the Olympics now, and that seems to be kind of the vibe, to me," canoeist and first-time Olympian Andrew Russell said. "All of the athletes who have trained so hard to get to this stage don't want to jeopardize the opportunity to succeed at the Olympics."

The mere mention of human-rights issues in an interview causes Olympians to choose their words care-

"Any athlete that has hopes of medalling, but gets caught up in other things ... It won't happen for them."

Lisa Ross, Olympian

fully. Some fear being misquoted or having words taken out of context, others worry an innocent comment might make national headlines.

"You don't want to have the attention from what you're trying to accomplish shift toward your attitude toward human-rights violations," Russell said. "That's not to say athletes are not concerned and up-to-date on world issues, I just don't know if it's really the best forum for dialog on this sort of thing."

Ross, a Lunenburg, N.S., native who competed in the Athens Olympics four years ago, already spent almost three weeks in June at a training camp at



Olympic medallist and champion figure skater Elvis Stojko has suggested Canada's Olympians consider a boycott of the Games.

the Olympic sailing site in Qingdao, more than 500 kilometres away from Beijing.

Based on what the 31-year-old has seen so far, she doesn't expect China's social issues to reach a point where they cause unrest for athletes competing at the Games.

"Most of our team feels very comfortable there," Ross said. "The people and the volunteers have always been extremely helpful and welcoming, and we always get the sense they will do anything they can for it to go off without a hitch."

"I have no doubt that it will."

NHL

The Toronto Maple Leafs acquired forward Ryan Hollweg from the New York Rangers yesterday in exchange for a fifth-round draft choice in 2009. Hollweg had four points in 70 games last season. **METRO NEWS SERVICES**

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Sports

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONWS.CA



Nolan out as Isles coach

The New York Islanders have parted company with coach Ted Nolan, left, citing "philosophical differences," the team said in a statement yesterday. Nolan took the Islanders into the playoffs in his first of two seasons in charge but the team disappointed last season and the coach leaves with a year remaining on his contract. **Reuters**

West is clearly best in CFL so far

Clean sweep in Week 3 shows balance of power tipped strongly in one direction

YorkReport



Three weeks into its regular season, the CFL has established these two irrefutably pertinent facts: First, West is best. And, second, higher scoring is much less boring.

Unlike the past few seasons, CFL games have been mostly entertaining this season, chiefly because of a scoring increase. The eight teams have produced 633 points combined in the first three weeks of 2008, compared with 578 after three

weeks last season.

The difference has been palpable. The theory within the CFL is that redesigned offences are beginning to outsmart defences.

Still, the balance of power remains lopsided. It is clearly tilted in the direction of the Western teams, who punctuated their superiority last week by recording a clean, four-game sweep over their Eastern counterparts.

None of the Western teams is winless this season. In the East, however, only the Montreal Alouettes (2-1) have a winning record. And the Winnipeg Blue Bombers have deteriorated into the Loserpeg Blue Bombers at 0-3. Coach Doug Berry already is in jeopardy of losing his

scoring on the rise

In the higher-scoring CFL, only three teams — the Toronto Argonauts, Winnipeg Blue Bombers and B.C. Lions — have scored fewer points in their first three games this season than after their first three in 2007. Here are all eight teams' scoring totals after the first three games in both years:

	2007	2008
Montreal Alouettes	59	90
Hamilton Tiger-Cats	34	70
Toronto Argonauts	100	64
Winnipeg Blue Bombers	86	64
Saskatchewan Roughriders	77	93
Calgary Stampeders	60	82
Edmonton Eskimos	67	94
B.C. Lions	95	76

job, largely because his finger-pointing style has alienated several of his players — to the point where they've privately gone to management with complaints.

Berry insists he won't give up on his ways or on his slumping No. 1 quarterback — Kevin Glenn. Not yet, anyway.

At the other end of the spectrum are the undefeated

Saskatchewan Roughriders (3-0), and this wasn't supposed to happen. Not with Ken Miller coaching instead of Kent Austin, who abandoned Saskatchewan after last season for an assistant-coaching position in U.S. college football. And not without quarterback Kerry Joseph, who was chosen the CFL's top player last season after leading the Riders to the Grey Cup championship.

Although undefeated, the Riders continue to have their detractors, including their former all-star QB and coach.

"Saskatchewan is supposedly the best team in the league," said Ron Lancaster, a radio analyst these days for the Hamilton Tiger-Cats,

"but I don't see any difference between them and us."

Lancaster's comment came after the Ticats blew their lead in the dying seconds of a wildly exciting game against Saskatchewan Saturday in Hamilton. The Ticats are 1-2, like the Toronto Argonauts, who are plunging downhill with Joseph as their QB and with Rich Stabler as their coach.

And, if the Argos continue to struggle, don't be surprised if Michael "Pinball" Clemons is persuaded by the club's owners to return as coach and to relinquish his front-office duties temporarily.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Sports in brief

NHL The Washington Capitals have re-signed centre Sergei Fedorov to a one-year contract. Terms were not disclosed. Fedorov was acquired by the Capitals from Columbus at last season's trade deadline in February and notched two goals with 11



Fedorov

assists for 13 points in 18 games after the deal. The 38-year-old finished last season with 11 goals and 30 assists for 41 points in 68 games.

MLB Cleveland Indians left-hander Cliff Lee was picked as the American League's starting pitcher, while the Milwaukee Brewers' Ben Sheets was handed National League honours for tonight's All-Star Game, their respective managers announced yesterday.

CYCLING The day after almost crashing out of the Tour de France, Cadel Evans kept his rivals at bay to take command of the race yesterday. The Australian holds a one second lead on Luxembourg's Frank Schleck. **METRO NEWS SERVICES**

Canadian Morneau steals all-star derby title

Canadian slugger Justin Morneau made off with the trophy at the All-Star Home Run Derby last night, but Texas' Josh Hamilton stole the show.

Hamilton set an all-star derby record by belting 28 homers in the first round to win a standing ovation from a crowd of 53,716 at Yankee Stadium.

Hamilton, a centre-fielder for the Rangers, eclipsed the 24 homers slugged by then-Philadelphia Phillies outfielder Bobby Abreu, now with the Yankees, during the first round of the 2005 contest.

The 27-year-old Hamilton, a 1999 top draft pick who overcame drug and alcohol problems to reach the majors last season, cracked 13 homers in 13 successive swings late in his turn and bashed three towering drives measured at more than 500 feet.

Morneau, a native of New Westminster, B.C., hit just eight in the first round and nine in the second



Minnesota Twins slugger Justin Morneau shows off his new hardware after the 2008 MLB All-Star Home Run Derby last night at Yankee Stadium. The New Westminster, B.C., native won the title by defeating Texas Rangers star Josh Hamilton 5-3 in the final.

round to reach the final. But Hamilton couldn't

keep up his momentum in the final and managed just

three home runs to Morneau's five.

METRO NEWS SERVICES

SCOREBOARD

MLB

LAST NIGHT
All-Star Home Run Derby
(Justin Morneau wins 5-3 over Josh Hamilton in final)

TONIGHT'S GAME
All-Star Game (at New York)
National League vs. American League, 6

TOMORROW
No games scheduled

THURSDAY'S GAMES

AMERICAN LEAGUE

Detroit at Baltimore, 5:05

NATIONAL LEAGUE

N.Y. Mets at Cincinnati, 5:10

San Diego at St. Louis, 6:15

Pittsburgh at Colorado, 7:05

CFL

	W	L	T	GB
Saskatchewan	3	0	0	6
EDMONTON	2	1	0	4
Calgary	2	1	0	4
B.C.	1	2	0	2
	W	L	T	PTS
Montreal	2	1	0	4
Hamilton	1	2	0	2
Toronto	1	2	0	2
Winnipeg	0	3	0	0

WEEK 4

THURSDAY'S GAME

Hamilton at Calgary, 7

FRIDAY'S GAME

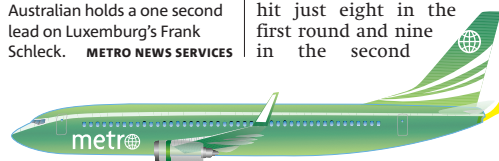
Winnipeg at B.C., 8

SATURDAY'S GAME

Montreal at Saskatchewan, 5

SUNDAY'S GAME

EDMONTON at Toronto, 2



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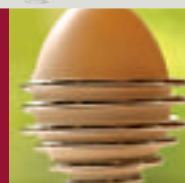
Colony Bay Resort



Do it daily.

Your Health

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA



Satisfying munchies

Snacks high in protein are the way to go for a mid-day boost, says Halifax-based dietitian Pam Lynch. "A hard-boiled egg, cottage cheese with fruit, yogurt and granola are all healthy snack options. Just make sure you're eating the right portion for you."

NEWS CANADA

Repair, regenerate

Food makes up an integral part of body's healing process, experts explain

BRIAN TOWIE
Metro Canada

While an apple a day won't keep a broken leg away, a balanced diet can help your body repair itself, if you know what to eat.

Food makes up an integral part of the healing process, rehabilitating torn muscles and restoring energy.

You should keep four key components in mind on the road to recovery, says Jennifer Gibson, dietitian for the Sports Medicine Council of British Columbia and the Vancouver Whitecaps soccer club: Stay hydrated, ingest high-quality proteins, don't ignore your fruits and vegetables, and make sure you get poly- and mono-saturated fats.

Gibson advises you should drink three to four litres of water or diluted juices a day, depending on your size, in order to flush out the toxins your body accumulates.

"Dehydration interferes with your thought process first, followed by fatigue, dizziness, cramps and possibly collapse," she said.

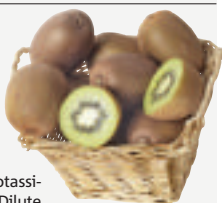
Also consider the old adage of "an ounce of prevention," says registered dietitian Beth Mansfield of Ottawa fitness club Peak Performance. Failing to drink water and eat carbs before strenuous activity can ultimately result in injuries.

"What you need to look at is how you get to that point," she said. "Intense muscular movement can lead to pulling and tearing if you don't take significant carbs and you don't

what to eat while nursing an injury

- Kiwi fruits, strawberries and blackberries are good sources of vitamin C, essential for healing wounds.
- Almonds provide vitamin E, important in preventing scar tissue.
- Honey is an effective antiseptic and wound healer.
- Red grapes are high sources of potassium and the antioxidant quercetin. Dilute the grape juice with water to prevent cramps and dehydration.

WWW.BIKERADAR.COM



hydrate, particularly towards the end of a game."

Next, you'll want to look at high-quality proteins. Nutritionists say you need at least 0.8 grams of protein per kilogram of body weight

every day

just to stay alive, and more to heal. All of these viable sources contain antibodies and help to rebuild torn and pulled muscles.

"Essentially, you're breaking off the bonds, the satellite cells, off the protein, and then your body realizes there's a deficiency. Your body asks, 'How do I make that part of me stronger?'" said Jason Kastner, fitness director at the Yorkville Club in Toronto. "When you have energy from carbs, your body is going to work in what's called protein synthesis, when you build back that muscle or torn tissue."

That doesn't mean you can scarf down big, greasy burgers by the dozen, Kastner says. Select your protein from reliable sources such as chicken, fish, lean red meats, eggs, whey protein powder and soy products (veggie ground round and tofu for vegetarians and vegans). For carbohydrates, choose whole grain breads, brown rice, quinoa millet, barley or brown rice.

Vegetables and fruit often and mistakenly go ignored while healing, says Gibson. She advises at least two cups of orange (carrots) and dark green (broccoli or romaine lettuce)

You should drink three to four litres of water or diluted juice every day, experts say.



A balanced diet can help your body repair itself, experts say.

foods to avoid

- Deep-fried foods such as french fries contain inflammatory Omega-6 fats.
- Cured hams, bacon, sausages and meat pies are salty and can cause cramps.
- Cookies and cakes are sources of sugar and fat, which displace other nutrients in high volumes.

WWW.BIKERADAR.COM

your body can't reproduce them. They have to be obtained from food."

Finally, Gibson says to

lube your joints and prevent inflammation, stock up on your poly- and mono-saturated fats, found in foods such as avocados, nuts and ground flax seeds. But take care that you don't eat too much of any food while injured, she says. You're not as active as you would be if you were 100 per cent.

"Many athletes eat as much during their healing as they do when they're active and gain weight as a result, making it significantly harder to rehab back," she said.

Benefits of coffee

According to the Journal Of Agricultural And Food Chemistry, roasted coffee is packed with antioxidants — more than in cocoa, green tea, black tea or herbal tea. **ALIVE MAGAZINE**

Healthy dining possible

Alive

Do certain stimuli make you reach for food, even though you might not be hungry at the time? Do you eat as an emotional response? What triggers this reaction?

Here are some healthy suggestions to help you create an effective nutritional lifestyle.

Eat whole foods

Pay attention to where your calories come from and not just how many you are consuming. Foods that are high in refined sugars, including many packaged and refined foods, cause our blood sugar levels to rise and fall abruptly. Rapidly dropping blood sugar levels create cravings for the same foods to bring these levels back up.

Whole foods are foods in their natural state (nothing added, nothing removed) that supply complex carbohydrates, help regulate our blood sugar levels, and reduce those cravings. A balanced diet should include a variety of whole foods in



When dining out, don't be afraid to request healthier substitutions, such as extra vegetables.

moderation.

We are most active during the day, so make breakfast and lunch hearty, protein-based meals; focus dinner selections on complex carbohydrates to lessen the digestive load while sleeping.

Eat a mid-morning and mid-afternoon snack to keep the metabolism active. Raw vegetable sticks and unsalted raw nuts and seeds make great snack choices as they are rich in vitamins, minerals, and beneficial enzymes.

Fresh fruit, half an avocado, low-fat yogurt or kefir, and salsa and organic corn chips are also satisfying choices. Remember, no snacks after dinner. The body needs to spend its energy on rest and repair, not digestion.

Dining out

Most restaurant kitchens are happy to please, so don't be afraid to request substitutions; it's your food dollar and they all compete for it. Ask for extra vegetables, or to hold



the salad dressing, or for olive oil and vinegar or a wedge of lemon instead. Order your fish or chicken grilled, baked, or steamed.

Introduce variety into your diet by exploring different ethnic cuisines, spices and condiments. For example, one teaspoon of balsamic vinegar has only five calories, but the flavour it imparts is without measure!

alive is Canada's award-winning natural health and wellness magazine; alive.com.



If you're trying to have a nutritional lifestyle, you should avoid snacks after dinner.

Boost memory with sleep: Study

RESEARCH A refreshing night's sleep may be the best way to boost memory, a study by the University of Geneva suggests, BBC News Online reports.

Researchers found sleep appears to have a dramatic impact on the way the brain functions the next day. It appears to strengthen connections between nerve cells in the brain — a process key to both learning and memory.

METRO NEWS SERVICES

Happiness from events temporary

NEW STUDY Momentous events in your life such as having children, or getting married, may make you happier, but only temporarily, say researchers, according to BBC News Online.

Our basic happiness level essentially stays the same throughout adult life, the Economic Journal reports.

Economists from the U.K., U.S. and France based their conclusions on a 20-year analysis of the life satisfaction of hundreds of people from Germany.

METRO NEWS SERVICES

Research Study for Type 2 Diabetes Controlled Through Diet and Exercise Participants Needed

What is the goal of the study?

The goal of the study is to test the safety of a new oral medication to treat diabetes.

Who can enter the study?

Persons with type 2 diabetes who: are currently managing their diabetes through diet and exercise; are between the ages of 31-75 years; and have never received insulin therapy. Additional inclusion and exclusion criteria will be reviewed at time of screening.

What are the study participants asked to do?

Participants will spend a total of seven nights in the University of Alberta Hospital and make six visits to the research unit. Participants will be asked to take a new oral medication. Participants will undergo several monitoring tests (vital signs, ECG, blood and urine sampling).

Are participants compensated?

Participants will be compensated at a rate of \$20/hour for a maximum of 244 hours for their involvement in the study.

Who can I contact for more information?

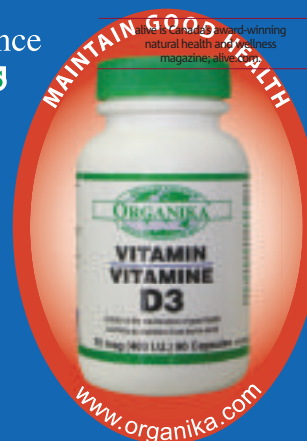
You may call 780-407-2965 or email kate.bailey@capitalhealth.ca to learn more about the study.



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Sunshine vitamin

Sun exposure can prolong life, study says

CELIA MILNE
for Metro Canada



If you get a lot of vitamin D, chances are you will live longer than those who don't get enough.

A new study conducted in Austria found that people with a deficiency in vitamin D die sooner — from many different causes — than those who have plenty of the so-called sunshine vitamin.

Researchers divided 3,200 people who were enrolled in the study, into four groups. The quarter with the lowest levels of vitamin D in their blood were more likely to have died during the length of the study (eight years). The results were published in the Archives of Internal Medicine.

This finding adds to the exploding body of evidence that vitamin D promotes good health. Previous studies have implicated vitamin D deficiency in cancer, peripheral artery disease, tuberculosis and multiple sclerosis. Lack of vitamin D



Lack of vitamin D can increase an adult's likelihood of developing osteoporosis.

can increase an adult's likelihood of developing osteoporosis and a child's likelihood of developing rickets.

Does this mean we should all race outdoors to spend time in the sun? How much vitamin D you get from the sun depends on your skin colour.

"White people should get between five and 15 minutes in the sun daily between 11 a.m. and 1 p.m. without sunscreen," recommends Dr. Cedric Garland, a

prominent vitamin D researcher at the University of California San Diego. "People of colour will need twice as much."

People with dark skin colour have a decreased ability to make vitamin D when exposed to the sun, and therefore need to spend longer in the sun to receive the positive health effects. People with light-coloured skin create more vitamin D in their bloodstream when exposed to the sun, but are more prone to skin cancer.

Setting goals and ambitions, no matter how unrealistic

HineSight

Anne Hines



where Rob tapped it in with only four tries. The result was obvious. Rob's now convinced he should become a pro golfer.

I'm all for having dreams and goals. My own goal is usually "to make it through the day." When I set the bar higher it's "to make it through the day, sane." I have a fitness, power-walking goal that is, "to get through my route that involves passing two Tim Hortons and a Starbucks without consuming more calories than I burn."

Rob dreams bigger. He thinks he might open a winery in his backyard, even though the growing season where he lives is six and a half minutes. He planned to audition for Canadian Idol. Apparently "able to carry a tune" is just a guideline. And, he's thought of opening an addiction counselling service for men who buy tools they don't actually know the use of. Actually, that one might work.

Some experts insist that men are bigger risk takers than women. I don't buy it.

I'm all for having dreams and goals. My own goal is usually "to make it through the day."

Anne Hines

If there weren't women prepared to take major risks, my younger brother, David, would never have got a date. Women boldly buy the latest clothing styles regardless of the fact that they may be out of fashion before we get them home.

I know I'll keep believing life can be peaceful, even if most days I don't quite achieve it. And, if Rob never takes on Tiger Woods, at least he's had a few happy moments imagining it could happen. Because when it comes to goals and ambitions, what matters isn't how big or small we dream. Just that we do.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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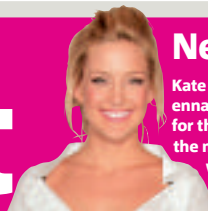
A Robert Downey Jr. is cruising around Hollywood in a new \$200,000 US Bentley — a gift to him from movie bosses because of the success of Iron Man. The movie has earned more than \$500 million worldwide. IMDB.COM

15

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA**New number**

Kate Hudson has beaten out Sienna Miller and Anne Hathaway for the role of Stephanie in *Nine*, the movie version of the Broadway musical, starring Daniel Day-Lewis. PAGESIX.COM



First lady of French pop

Carla Bruni takes on critics as she braces for reaction to new album

AURÉLIE SARROT
Metro World News

Take your best shot: criticize her music and lyrics, but don't criticize France's first lady, Carla Bruni, as someone manipulated by the presidency.

Bruni croons about drugs and lovers on her new album, her third, *Comme si de rien n'était* (As If Nothing Happened), despite being married to one of the world's most powerful men, Nicolas Sarkozy.

"There is no censorship in France. We live in a very democratic country," the former model said in her Parisian home. "The presidency does not intervene

in my artistic life or in my media life. Every time I communicate, like I did after the wedding, I'm absolutely free. I think it's a little misogynistic to think that I'm manipulated by the presidency."

Bruni finds what media targets for criticism a bit strange.

"That said, I don't care about being attacked for my music or my lyrics. I find it quite natural," said Bruni, whose album is in stores today. "But being attacked because I'm in love with my husband, I find that a little strange."

Listeners shouldn't expect a lot of revelations about her married life on her album — she's still a

newlywed, after all, having said "I do" on Feb. 2 — and many of the songs were written before her marriage, Bruni said, like the first one, *Ma jeunesse* (My Youth). "I refuse to grow old,"



Carla Bruni
GETTY FILE

she said. "It's something that worries me a little. It's the fact that I can't fight it that bothers me. That's why I play a lot of sports. But in the end, time will win the battle, you know."

For now, Bruni is pretty much staying put, except for a vacation in the Lavandou region of France next month, choosing to promote her album via television appearances.

"I can't play live as long as my husband is president," Bruni explained. "Touring would involve too many security issues since I'm the first lady."

Away from the spotlight, Bruni shares musical tastes with her husband. "When I play him music he doesn't know, it's mostly English-speaking singers. Songs by Bob Dylan, Leonard Cohen, the Beatles are amazing to discover a new language."

While she's tried to put to rest rumours that she's pregnant — "If I have a little belly, it's because I drink a beer, once in a while" — Bruni admitted, "I would love to be pregnant, but I'm not. And if I was, I would have stopped smoking."

lawsuit

Carteris sues over choking scene



Carteris

PEOPLE Former *Beverly Hills 90210* star Gabrielle Carteris has filed a lawsuit in B.C. Supreme

Court alleging a choking scene she filmed in *Langley* turned too real.

Carteris, who played Andrea Zuckerman on the show, said injuries she suffered on the set of the 2006 made-for-TV film, *Past Tense*, left her with debilitating facial spasms.

According to msnbc.com, Carteris is suing producers for placing her in "unreasonable risk of physical harm" and not properly coaching actor Adrian Hughes, who was scripted to choke her at knifepoint.

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Tell-all? Raquel Welch is set to reveal all about her life in a new memoir, tentatively titled *Secrets Of Timeless Appeal*. Sources say the book will lift the lid on her relationships with actors Warren Beatty, Sean Connery and Richard Burton, and rocker Alice Cooper. **IMDb.COM**

Contestants feeling the heat

Canadian Idol's Top 10 hopefuls start to sense competition amongst friends

SANDY CAETANO
sandy.caetano@metronews.ca

Making it to the Top 10 of Canadian Idol is an accomplishment for contestants, but as the excitement increases, so does the pressure.

In wake of watching people who have become friends be eliminated from the competition, those remaining are dealing with the pressure of moving forward.

"The vibe has definitely shifted as we move towards getting settled, in that this

really is a contest and people are kind of dropping like flies," says Toronto's Sebastian Pigott, 25. Mitch MacDonald, 22, from Port Hood, N.S., agrees. "We're all a bit nervous about who's going to go home because the competition is tight, and you really just don't know who's going to be here at this stage," he says. On the other hand, there is a combination of mixed emotions amongst the finalists.

"It's super busy, you really feel what it's like to constantly be performing ... you're just constantly thinking about the next perform-

ance, but it's well worth it for sure," says 23-year-old Earl Stevenson, from Lloydminster, Alta.

"I think everyone just tries to not think about (elimination night) and to just have a good time while we're here, and focus on the music," says Toronto's Mookie Morris, 18.

But finding out they made it to the Top 10 left some like Drew Wright at a loss for words. "It was a great feeling, it was kind of indescribable really, it's amazing," says Wright, 28, from Collingwood, Ont.

"It's really nice to know you have that support ... it's good to know that Canada has faith in me."

"I'm from such a small town, so I'm not used to just getting this type of exposure," says Theo Tams, 22, of Lethbridge, Alta. "That's what it's all about for me at this point, is just having people see me and seeing what I can do."

Hamilton, Ont.'s Adam Castelli says he was preparing for the worst — but either way he would be proud of how far he's made it. "There was a lot of surprises

that night and throughout this whole thing," says Castelli, 26. "There's just no way you can control this, you perform as great as you wanted and that still might not be enough."

No matter what happens, Canadian Idol opens many doors so it's what you do with those opportunities that makes the difference.

"Of course I want to pursue music," says Mark Day, 20, from Portugal Cove-St. Philips, Nfld. "If I am the one voted out this week I just have to keep shooting for what I want, but hopefully I don't have to worry about that this week."

This year's Top 10 round is made up of two women and eight men, and for Amberly Thiessen and Katherine St-Laurent it's been nothing but enjoyable.

"It's interesting, I'm actually enjoying it, I think it's kind of fun ... everyone here is very talented," says Thiessen, 19, from Seven Persons, Alta.

"It's been exciting, it's been something new every week, I've been performing every week trying to do my best and we're all having fun and I think that's the most important thing," adds St-Laurent, 17, from Otterburn Park, Que.

ABC, FX tops with gay rights groups

ABC and U.S. cable channel FX have been ranked the most gay-friendly networks by a gay-rights group.

At the other end of the scale, NBC, Fox, A&E, Spike, TBS, USA Network and TNT all received fail grades from the Gay & Lesbian Alliance Against

Defamation (GLAAD).

The second annual GLAAD Network Responsibility Index examined 4,911 hours of primetime programming on the several major networks.

The index sought to gauge the quantity, quality and diversity of images of lesbian, gay, bisexual and

transgender people on television.

Eight of the networks were given passing grades. ABC — led by *Brothers & Sisters*, *Desperate Housewives* and *Ugly Betty* — was given a grade of "good" with the highest score among broadcasters. The report said 24 per cent

of ABC's programming hours was considered inclusive.

Among the cable networks evaluated, FX (45 per cent) came out on top, mainly thanks to *Nip/Tuck*.

None of the evaluated networks earned the survey's top ranking of "excellent."

REUTERS

Emmy nods out Thursday

Every year, critics bemoan the fact that the best examples of quality television are trampled beneath the boots of shows watched by the masses. It's an annual struggle of highbrow expectations versus perceived lowbrow mass media, with the winners determined in just one night — during the Primetime Emmy Awards on Sept. 21. Nominations will be announced on Thursday.

But this year, critics are optimistic, noting that the Hollywood writers strike sidelined many series and gave some lesser-watched programming a wider audience. The Hollywood Reporter tracked down TV critics for a sampling of their Emmy prognostications.

ED BARK, WRITER, UNCLEBARKY.COM

Drama series picks: *Pushing Daisies* and *Lost* (ABC), *Friday Night Lights* (NBC). "Among the new series, *Pushing Daisies*, if it's entered as a drama, will likely get nominated. Hopefully, the beneficiary of this lacklustre year will be *Lost*, which has really been overlooked by the academy. *Friday Night Lights* absolutely, positively should be nominated. There is long-overdue recognition for that series."

RICK KUSHMAN, THE SACRAMENTO BEE

Comedy series picks: *The Office* and *30 Rock* (NBC), *Breaking Bad* (AMC), *Curb Your Enthusiasm* (HBO),

Two and a Half Men (CBS), *Weeds* (Showtime).

"Comedy is tougher because this is the era of great dramas, and comedies are iffy. The two obvious choices are *30 Rock* and *The Office*. *Curb Your Enthusiasm* is always a contender for all kinds of reasons. *Two and a Half Men* is probably going to get nominated. It is a big, broad comedy, which is the kind of thing the academy seems to respond to."

DAVE WALKER, NEW ORLEANS TIMES-PICAYUNE

Lead drama series actor picks: Jon Hamm (*Mad Men*, AMC), Clark Johnson (*The Wire*, HBO).

"Jon Hamm gave a very consistent performance in *Mad Men* and delivered just some incredible moments in that show. The whole show was able to access a moment in time so accurately and with incredible fidelity, and I think his performance had an awful lot to do with that. The actors on *The Wire* are a little trickier because it is such an ensemble. I would love it if Clark Johnson got two nominations for his role as the city editor; he just occupied that guy so fully."

REUTERS

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Casting couch

NBC's Chuck has recruited actress Jordana Brewster, right, to play a love interest for Zachary Levi, executive producer Josh Schwartz has confirmed. EW.COM



Ed fights for affordable housing

PEOPLE Hollywood star Edward Norton is leading a campaign to create more affordable housing in his New York neighbourhood, according to imdb.com. The millionaire Fight Club star is appearing in TV and radio advertisements asking residents of the city to welcome new developments in their areas. Norton, who lives in Manhattan's Greenwich Village, has long been associated with the Enterprise Community Partners, founded by his grandfather.



Ed Norton

METRO NEWS SERVICES

Vivica defends Jessica Simpson

PEOPLE Actress Vivica A. Fox has defended her friend Jessica Simpson after Pamela Anderson insulted her on a radio show, according to imdb.com. Anderson branded Simpson a "bitch and a whore" after the actress wore a t-shirt promoting meat.



Vivica A. Fox

But the former Baywatch actress later insisted her comments, made on an Australian radio show, were meant in jest. However, Fox defended Simpson's love of meat in footage posted on celebrity website TMZ.com. She says, "Jessica eats real meat. Pam I love you, but don't go talking about my girl. She is the baddest blonde bitch on the planet."

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Splitsville: Jimmy Kimmel and Sarah Silverman have broken up, according to a story on Vanity Fair's celebrity blog, with confirmation from their respective representatives, adding that "Jimmy and Sarah have and will have no further comment."

OK, so it's not like we all didn't think Kimmel was battling well out of his league with Silverman, for whom he left his wife of 14 years almost six years ago, after meeting Silverman at a Hugh Hefner roast at which she said Kimmel was "fat and has no charisma." When you build your love on that kind of feeling, how can you go wrong?

In the end, Kimmel and Silverman have proved that a loving couple can



Comedian Sarah Silverman and TV host Jimmy Kimmel attend an event in North Hollywood in April. The pair have reportedly split.

rip on each other, belittle each other's primary and secondary sexual characteristics, and produce competing videos trumpeting fictional but still unsavoury affairs in the service of a fake celebrity rivalry that go viral internationally and, well, still flame out like a couple of kids breaking up at the end of summer vacation.

Really big: Six years ago, reality television was supposed to have reached a zenith with the announcement that 49 new reality

shows would be hitting the air. This year, according to a Washington Post story, 172 new reality shows will debut, 32 alone on regular broadcast networks and a shopping 140 on various cable channels.

"Reality is no longer alternative programming. In fact, it is the cornerstone of modern television, like it or not," said David Lyle, head of Fox reality programming at a Friday session of the summer TV press tour. The Post's TV critic, Lisa de Moraes, makes her feelings clear by adding "or not" at the

Kimmel and Silverman proved a loving couple can rip on each other, belittle each other's primary and secondary sexual characteristics ... and still flame out like a couple of kids breaking up at the end of summer vacation.

end of this brief item, and her readers generally respond in kind, bemoaning the dumbing down of America and adding that it's "all dreck, even Public Television for the most part." (Obviously Post readers have never had to suffer through the vast blaring weirdness of Japanese TV programming, or what passes for adult variety shows in Italy or Spain.)

One reader, however, responds with a more far-sighted perspective. "Longing for the great comedy of Three's Company? I Love Lucy? There's plenty of intelligent TV airing ... you just have to be intelligent to find it," writes Dan.

It's fun and even fashionable — still, after all these years — to moan

about reality TV as if it's a full-colour digital lobotomy beaming straight into your living room.

The fact is that the genre is polymorphous, absorbing the DNA of game shows, sitcoms, variety programs, documentaries, cooking shows and news programming, and has spread like kudzu or zebra mussels mostly to fill the endless empty hours created by new cable channels and failing old school program genres.

And besides, the people making the most appalled attitudes about reality TV are very likely hiding TiVo caches of Tila Tequila and Survivor.

Rick McGinnis writes about music, movies, books and television, but not opera.

	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/15/08	2	CFRN	239	318	eTalk	Jeopardy! (N)	Canadian Idol	Robson Arms	Criminal Minds (HDTV)	Law & Order: SVU	News (N)	
	3	KHQ	-	370	News (N)	Jeopardy! (N)	Wheel-Of-Fortune	Celebrity Family Feud	America's Got Talent (N)	Law/Ord SVU		
	4	CBXT	-	307	Coronation St.	Just-Gags	Rick Mercer	The Tudors "Episode 2"	CBC News: The National	The Hour		
	6	KREM	-	372	News (N)	Hollywood	Friends	NCIS "Skeletons"	Big Brother 10 (N)	Without Trace		
	7	CKEM	241	347	Friends	Reaper "Pilot"	Hell's Kitchen	Wipeout (N)	Japanese Game Show	Your City		
	8	CTV	240	339	ET Canada	Entertainment	In Plain Sight (N)	Bons baisers de France (SC)	Big Brother 10 (N)	News Hour		
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	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment "The Insider (N)"	According-Jim	King of the Hill	70s Show	The Simpsons	News (N)
	16	KAYU	-	373	(6) MLB Baseball All-Star Game (HDTV) (Live)			Kimora: Fab	Kardashians	Living Lohan	D. Richards	News (N)
	19	CHTV	-	-	70s Show	All News	Real Housewives	Savage Planet	Keeping Up: The Savages	Tavis Smiley	Charlie Rose (N)	Wing-Prayer
news	22	KSPS	-	374	NewsHour With Jim Lehrer	Nova (HDTV) (DVS)	Wide Angle (HDTV) (N)	Keeping Up: The Savages	CBC News: The National	CBC News: The National	Tailor Made	
	24	WTVS	-	364	Life	Bold Visions	Tailor Made	EarthWatch One	EarthWatch Two			
	15	CBCN	502	-	CBC News: The National			News	CTV Newsnet	News	CTV Newsnet	News
	21	TWN	505	398	(5) EarthWatch One			Market Call	CTV Newsnet	Market Call	CTV Newsnet	Squeeze Play
	27	CNN	500	500	Larry King Live			News	CTV Newsnet	News	CTV Newsnet	News
	54	CTVN	501	391	CTV Newsnet			Business News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504	508	Squeeze Play							
	20	TSN	400	400	Poker-Women's World Open							
	23	net	408	418	(6) MLB Baseball All-Star Game (HDTV) (Live)							
	47	SPEED	417	406	Low Life	SuperCars	Super Bikes!	Pinks (HDTV)	Pass Time	Unique Whips	Score Update	Score Update
sports	94	SCORE	410	403	Football Factories			Stump-Schwab	World Cup of Poker	Ext. Evidence	I. Detective	Help TV
	9	EDACC	267	351	Law & Order: Criminal Intent			Celebrity Family Feud	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach
	14	YTV	552	543	Drake & Josh	Genie	Malcolm-Mid.	Prank Patrol	Fries That?	Backyardigans	Dora-Explorer	Go, Diego, Go!
	17	TREE	553	546	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Dragon (DVS)	Total Drama	Futurama
	42	TOON	555	545	Teen	Johnny Test	George-Jungle	Merrie Melody	Loonatics	6teen	Han. Montana	Life Derek
	45	FAM	557	541	Zoe 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	La Grande Évasion (HDTV)	TVA 22 heures
	-	TVA	121	714	TVA 18 heures	Sucre-salé	Les Anges de la rénovation	Home Improve.	CMT30 "Dauphin 2008"	Reba	Hope & Faith	Home Improve.
	18	CMT	575	583	Reba	Hope & Faith						
	25	A&E	615	520	The First 48 (HDTV) (N)			The Cleaner "Pilot" (N)	(8:57) The Cleaner	The First 48 (HDTV)	Hogan Knows	HEAT-McEwan
	26	MMM	571	581	Story Of "Molloy Crue"			Hogan Knows	Hogan Knows	Story Of "Molloy Crue"	Iron Chef America	Trailer Park
family	29	FOOD	603	561	HEAT-McEwan	HEAT-McEwan	ReGenesis (HDTV)	Restaurant Makeover	Blue Murder "Heroes"	Trailer Park	Kenny-Spenny	CSI: NY
	31	SHOW	617	522	Trailer Park	Billable Hours	Deadliest Catch (N)	India Unleashed	Nearly Dead	In Laws	Maxed Out	Style by Jury
	32	DISC	520	505	Smash Lab		Plastic-Perfect	Matchmaker	Will & Grace	Friends	Ashley Paige	Ashley Paige
	33	SLICE	601	562	Shear Genius		Will & Grace	Friends	Ashley Paige	Ashley Paige	Live at the Rehearsal Hall	CSI: Crime Scene
	34	W	602	567	Shopping Bags	House	Will & Grace	Friends	Ashley Paige	Ashley Paige	Live at the Rehearsal Hall	CSI: Crime Scene
	35	TLC	521	560	Must Love Kids (N)		Will & Grace	Friends	Ashley Paige	Ashley Paige	Live at the Rehearsal Hall	CSI: Crime Scene
	36	BRAVO	620	523	Bravonews	Side-Dick Dale	CSI: Crime Scene	Investgtn.	NCIS	Air Force	22 Minutes	Battlestar Galactica
	40	HIST	522	506	UFOs: The Secret History		NCIS	Air Force	22 Minutes	Battlestar Galactica	Stargate SG-1	Seinfeld
	41	COM	626	547	Laughs	Comics!						
	43	SPACE	627	528	Blood Ties (DVS)							
cable variety	44	WPCH	294	600	(6) Guess Who (2005)							
	46	OLN	411	457	(6) Cycling Tour de France Rest Day - Pau							
	48	TROP	619	525	Tube Tales	Vanity Insanity						
	50	STAR	621	527	Girls Gone Good							
	52	HGTV	600	504	Colin & Justin's Home Heist							
	65	TLN	700	600	Carabinieri							
	92	APTN	269	350	First Talk	News						
	93	VISION	261	394	Quantum Leap							
	100	MTV	581	566	Top Ten Gentlemen's Club							
	101	MM	570	580	So You Think You Can Dance							

critics' corner

The Cleaner

No, this isn't about a maid ... or a vigilante. William Banks (Benjamin Bratt), the "Cleaner" of this new drama series' title, is an "extreme interventionist," a recovering addict who now devotes his life to helping other people kick their addictions. His team includes the jovial Darnell (Kevin Michael Richardson), fiercely independent Akani (Grace Park) and quirky Amie (Estaban Powell). Amy Price-Francis also stars. 8 PM on A&E



MLB Baseball

The old ballpark in the Bronx has seen its share of great players during its 85-year life, so it's fitting that during its final season Yankee Stadium hosts one last parade of stars. Among them are the 79th Midsummer Classic will be current Yankee faves Derek Jeter and Alex Rodriguez, as well as Boston's Manny Ramirez, Houston's Lance Berkman and Atlanta's Chipper Jones. This is the fourth All-Star Game at Yankee Stadium, following the 1939, '60 and '77 events. 6 PM on KAYU



Relationships Singer Kylie Minogue has shot down rumours she's back together with actor Olivier Martinez. "It's only natural that we would see each other. It's about friendship," she said. **THE DAILY MIRROR**

Celebrity Buzz

Kidman, Urban reject money for baby photos

BABY NEWS Nicole Kidman and Keith Urban have reportedly rejected several multimillion-dollar offers to publish the first pictures of their newborn daughter Sunday Rose, imdb.com reports.

The actress and her singer husband are undecided whether to release a photograph of the infant, but if they do it will be for free, reports Australian newspaper The Sydney Morning Herald. "They don't think

it's appropriate to make deals," a source tells the publication. "They are still deciding how they feel about (it) — if and when they will release a photo at all. But they realize there is enormous interest from the public and they are grateful and appreciative of that."

Kidman gave birth in Nashville, Tenn., on July 7. She is Kidman's first biological child. Kidman adopted 15-year-old Isabella and Connor, 13, during her marriage to actor Tom Cruise.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Campbell refutes being 'bad'

IMAGE Naomi Campbell has slammed the media for continually portraying her in a negative way, insisting she isn't a "bad person," imdb.com reports.

The supermodel was recently fined and sentenced to 200 hours' community service after a scrap with two police officers onboard a British Airways flight at London's Heathrow Airport in April.

The incident was the latest in a long line of incidents involving the 38-year-old. She completed community service in New York last year after she was found guilty of assaulting a staff member.

But Campbell is eager for the public to focus on

her more positive qualities.

"I'm not a bad person," she says. "When people say all these negative things about me, I ignore them. Let them be negative — but do that away from me. It hurts but I know there is much more good in the world."

"I'm blessed to be able to do charitable work and good things but no one focuses on that because I don't throw it in people's faces. That's why they focus on the negatives."

METRO NEWS SERVICES



Lopez training for triathlon

GOAL Jennifer Lopez is training furiously to be fit enough to take part in a triathlon, just eight months after giving birth to twins, femalefirst.co.uk reports. The singer-actress' husband, Marc Anthony, reveals Lopez is on a tough training schedule. But he confesses he is not working up a sweat with Lopez.

METRO NEWS SERVICES

celebrity brief

Miller fuels talk of affair with married man

RELATIONSHIP Sienna Miller has fuelled rumours she is having an affair with married actor Balthazar Getty, after they were photographed together in a topless clinch, femalefirst.co.uk reports.

The pair were snapped frolicking on a yacht off Italy's Amalfi coast recently, just days after Getty denied being romantically involved with the actress. Miller is pictured embracing Getty wearing only skimpy bikini bottoms. "Sienna is

totally besotted with Balthazar," a source tells British newspaper the Daily Mirror. "Their relationship has gone from strength to strength over the past month and Sienna finds him utterly irresistible. Balthazar arranged the trip to one of the most beautiful and exclusive parts of the Mediterranean."

The sunshine break comes less than six weeks after Miller split from Welsh actor Rhys Ifans. Getty, from Los Angeles, is married to Rosetta Millington and the couple have four children.

METRO NEWS SERVICES



Zeta-Jones not a fan of Los Angeles

PEOPLE Catherine Zeta-Jones hates Los Angeles, femalefirst.co.uk reports. The 38-year-old actress — who has two children with husband Michael Douglas — has various properties worldwide, but could never live in the U.S. city. "I hate Los Angeles with a passion. I felt that way even when I was single and knocking on doors trying to get a job," she said. "We go there, work hard, have our meetings and then get the hell out again."

I don't know how people live there, especially with kids."

METRO NEWS SERVICES



celebrity brief



Spice Girls won't reform: Mel B

MUSIC Melanie Brown, a.k.a. Mel B, vows the Spice Girls will "never" reform again, femalefirst.co.uk reports. The 33-year-old singer — who shot to fame with Emma Bunton, Victoria Beckham, Melanie Chisholm and Geri Halliwell as part of the girl group — says despite their recent hugely successful reunion tour, they have no plans to do it again. Despite her vow, she insists she hasn't shed her "Scary Spice" image.

METRO NEWS SERVICES

Monogamy is hard: Johansson

RELATIONSHIPS Scarlett Johansson is convinced her relationship with fiancé Ryan Reynolds will last, because they are among the few humans who can be monogamous, femalefirst.co.uk reports.

The actress claims remaining faithful to one partner is "hard work" and not natural.

"I don't think it's a natural instinct for human beings," she told the latest issue of Cosmopolitan magazine.

"Monogamy can be hard work for some people. I don't think it applies to everybody, and I don't think a lot of people can

do it."

But Johansson insists she is among those who can resist the temptation to cheat.

"I believe in finding a soul mate. I've always been in monogamous relationships. I would never want to be in an open one. It'd be too awful," she said.

Reynolds and Johansson announced their engagement in May.

METRO NEWS SERVICES



Kilmer admits he's embarrassed about his weight

PEOPLE Val Kilmer is struggling to shift all the weight he piled on for his latest film role, imdb.com reports. The actor bulked up to pay a prisoner in the forthcoming release *Felon* — and he confesses the weight isn't dropping off as easily as he'd hoped. "I just started eating — everyone else was working out and I was ordering the extra Haagen-Dazs," Kilmer says.

And the 48-year-old admits he has been embarrassed by photos of him in magazines looking fat. "You've got to suffer the private photos of you. You

can't go running after the paparazzi, saying, 'But it's for a movie.'"

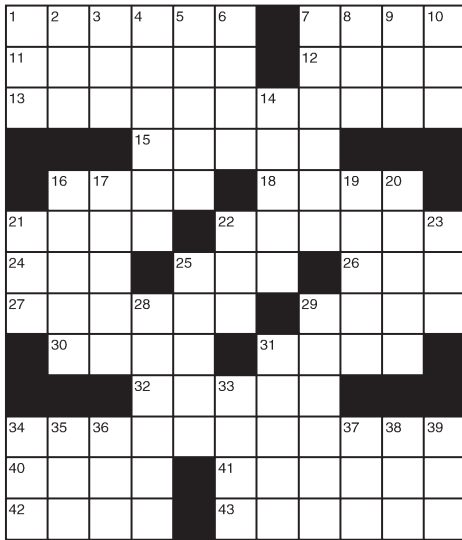
METRO NEWS SERVICES



Monty Python star John Cleese has sold his U.S. ranch after a year on the market — by cutting its asking price by \$12 million US. The actor finally sold his 14.6 acre property in Santa Barbara, Calif., for \$16.6 million. **IMDb**



Take Five



Crossword across

- 1 Violas' cousins
- 7 Bivouac
- 11 Large lizard
- 12 Baby-wipe additive
- 13 Compound
- 15 Bud holders
- 16 Mare's baby
- 18 Warbled
- 21 Feeding time needs
- 22 Warhol field
- 24 Hacking tool
- 25 Bigwig, briefly

- 26 Contend
- 27 Lone Star capital
- 29 Fuse together
- 30 Banana part
- 31 Secluded spot
- 32 Saucer flyer
- 34 Hassle
- 40 Stead
- 41 Corrida critter
- 42 On the peak of
- 43 Doped up



Previous answer

11 30
21 34
31 40

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metronews.ca



Crossword down

- 1 Snoop group, for short
- 2 Easter find
- 3 Tote
- 4 Caterpillars, e.g.
- 5 Shaquille of the NBA
- 6 Droops
- 7 Burger topper
- 8 Ring great
- 9 Cattle call
- 10 Signing need
- 14 Fable fellow
- 16 Repair
- 17 More than pudgy
- 19 Belly feature
- 20 Greasy-spoon fixture
- 21 Sheep cry

- 22 Brooch
- 23 Danson of "Cheers"
- 25 Home in the country
- 28 Shred
- 29 Attended
- 31 Gave out hands
- 33 Composer Charles
- 34 In the style of
- 35 "Vamoose!"
- 36 Earth: Pref.
- 37 Charged particle
- 38 Mine rock
- 39 Auction signal

previous day's answer



950,000

Metro readers do it daily!



SOURCE: NADbank 2007, read yesterday;
BASE: Montreal CMA, Ottawa-Gatineau CMA,
Toronto CMA, Vancouver CMA

This day in history

JULY 15, 1741: Alexei Chirikov sights land in Southeast Alaska. He sends some men aboard in a longboat, making them the first Europeans to visit Alaska.
JULY 15, 1815: Napoléon Bonaparte surrenders from aboard HMS Bellerophon.
JULY 15, 1870: Rupert's Land and the North-Western Territory are transferred to Canada from the Hudson's Bay Company, and the province of Manitoba and the Northwest Territories are established from these vast territories.
JULY 15, 1955: Eighteen Nobel laureates signed the Mainau Declaration against nuclear weapons, later co-signed by 34 others.

		6	8		2	7
5	4		7	3		9
	2			6		7
	1	5			8	9
	3		8			5
9		7	1		4	3
4	6		2	9		

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

A mouthy man will talk nonsense. An event leads to much gossip. A worker needs time to discuss worries.



LIBRA

SEPT 23-OCT 23

A cruel vixen wants something from you. Travel plans begin to come together. A snooping person reveals a little secret.



TAURUS

APRIL 21-MAY 21

A despondent man makes a mistake. News from a distance has a comforting effect. Try to do a few things at once.



SCORPIO

OCT 24-NOV 22

An intense lover has a significant message. Frustration with a small man is discussed. Things that defy explanation will happen.



GEMINI

MAY 22-JUNE 21

You'll muddle through a minor setback. Someone with realistic opinions appears. A woman suffers a headache in the evening.



SAGITTARIUS

NOV 23-DEC 21

Don't let a big shot stamp on your feelings. Be alert to minor gestures. Looking within will flabbergast you.



CANCER

JUNE 22-JULY 22

Don't overreact to an animated opponent. Avoid an issue that is hopeless. A serious man's attitude is hiding indifference.



CAPRICORN

DEC 22-JAN 20

A hypocrite wins a game of the heart. Greed makes someone resist doing harm. An unstable situation will create action.



LEO

JULY 23-AUG 23

Look for a lost lover under somebody else's spell. Don't visit anyone under stressful conditions. Don't explode when the shouting begins.



AQUARIUS

JAN 21-FEB 18

Game players are played out. A do-gooder gets involved in a silly issue. Don't do anything at all for the wrong reasons.



VIRGO

AUG 24-SEPT 22

An appointment must be made despite cowardice. Wickedness makes for a bad sleep. A crisis is looming in finances.



PISCES

FEB 19-MAR 20

Avoid people who will cause heartache. Let yourself be a winner. Depression will lift when a compliment is given.



Sudoku

INSTRUCTIONS:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SOLVE TIME IN MINUTES:

Under 13 Genius
13-17 Scholar
17-21 Smart

previous day's answer

3	2	4	8	9	5	1	7	6
8	7	1	3	4	6	9	2	5
6	5	9	2	7	1	4	3	8
9	3	6	1	5	7	2	8	4
7	4	2	9	6	8	3	5	1
1	8	5	4	3	2	6	9	7
2	9	7	6	8	4	5	1	3
5	6	3	7	1	9	8	4	2
4	1	8	5	2	3	7	6	9

21-25 Not bad
25+ Keep practising

Edmonton weather

Afternoon



Thunder-
showers.
20°

Tonight



Variable.
Low 8°

Wednesday



Partly
cloudy.
22° / 10°

Thursday



Partly
cloudy.
21° / 10°



Showers.
24° / 9°

Temperature
Normals
High: 23.2°
Low: 10.9°

Records
High: 34.4°/1935
Low: 3.3°/1887

Sunrise: 5:24 a.m.
Sunset: 9:54 p.m.
Moonset: 2:14 a.m.
Moonrise: 8:52 p.m.

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#1 - Consumer Digest
#1 - Fitness Professor
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